

**Triple Burden of Malnutrition in Young Adult Women (18-21 years) and
the Effect of Nutrition Interventions on their Nutritional Status and
Nutritional Knowledge**

By

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80_ Recommendations of the study

The following recommendations emerged from the present study to deepen understanding and guide effective nutrition interventions:

- More research works are suggested that integrates the study of Triple Burden of Malnutrition (under nutrition, over nutrition and micronutrient deficiencies) with the same age group of population especially young adolescent girls and adult women population and to identify and understand the different forms of malnutrition coexist and transition over time.
- Longitudinal studies must be undertaken to track the actual transition of different forms of malnutrition and long-term health outcomes associated with triple burden of malnutrition and epidemiological research to find out the prevalence and causative factors for the occurrence of Triple Burden of Malnutrition across the heterogeneous group of population and diverse settings.
- More research to assess the health issues and consequences of Triple Burden of Malnutrition and explore the factors to interact and influence nutritional status and identify the modifiable factors that must be targeted through nutrition interventions.
- Efforts must be taken to evaluate the effectiveness of nutrition interventions and policies to be developed for addressing Triple Burden of Malnutrition which includes evaluating integrated approaches that target the various forms of malnutrition simultaneously and also focus on under nutrition, over nutrition and vitamin and mineral deficiencies.
- More research works are suggested to foster collaboration between researchers, policy makers, health care procedures and community stakeholders to develop research findings for implementing into practices. Capacity building efforts should focus on enhancing research skills, data collection capacities and policy implementation strategies.
- Research studies to develop standardized methodologies to measure and monitor the Triple burden of Malnutrition to ensure the consistency and comparability of data and to improve innovative technologies and approaches like digital health tools, geographic information system etc.